

# Deutsche Mehrkampfmeisterschaften 2006 Ablaufplan

| <b>Freitag 01. September 2006</b> |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
|-----------------------------------|------------------|------------------|------------------|------------------|---|-------------------|-------------------|-------------------|-------------------|-------------------|--|
|                                   | männl. Jugend B  |                  |                  |                  | weibliche Jugend B                          |                   |                   |                   | weibl. Jugend A   |                   |  |
|                                   | Riege 1<br>17 TN | Riege 2<br>16 TN | Riege 3<br>15 TN | Riege 4<br>16 TN | Riege 11<br>19 TN                           | Riege 12<br>18 TN | Riege 13<br>18 TN | Riege 14<br>18 TN | Riege 21<br>17 TN | Riege 22<br>15 TN |  |
| 11:00                             |                  |                  |                  |                  | 100m Hü                                     |                   |                   |                   |                   |                   |  |
| 11:10                             |                  |                  |                  |                  |   | 100m Hü           |                   |                   |                   |                   |  |
| 11:20                             |                  |                  |                  |                  |   |                   | 100m Hü           |                   |                   |                   |  |
| 11:30                             |                  |                  |                  |                  | Hoch 1                                      |                   |                   | 100m Hü           |                   |                   |  |
| 11:40                             |                  |                  |                  |                  |   | Hoch 2            |                   |                   |                   |                   |  |
| 11:50                             |                  |                  |                  |                  |   |                   | Hoch 3            |                   |                   |                   |  |
| 12:00                             |                  |                  |                  |                  |   |                   |                   | Hoch 4            |                   |                   |  |
| 12:10                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 12:20                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 12:30                             | 100m             |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 12:40                             |                  | 100m             |                  |                  |   |                   |                   |                   |                   |                   |  |
| 12:50                             |                  |                  | 100m             |                  |   |                   |                   |                   |                   |                   |  |
| 13:00                             |                  |                  |                  | 100m             |   |                   |                   |                   |                   |                   |  |
| 13:10                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 13:20                             | Weit 1           |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 13:30                             |                  | Weit 2           |                  |                  |   |                   |                   |                   | 100m Hü           |                   |  |
| 13:40                             |                  |                  | Weit 3           |                  |   |                   |                   |                   |                   | 100m Hü           |  |
| 13:50                             |                  |                  |                  | Weit 4           |   |                   |                   |                   |                   |                   |  |
| 14:00                             |                  |                  |                  |                  | Kugel 1                                     |                   |                   |                   | Hoch 1            |                   |  |
| 14:10                             |                  |                  |                  |                  |   | Kugel 2           |                   |                   |                   | Hoch 2            |  |
| 14:20                             |                  |                  |                  |                  |   |                   | Kugel 3           |                   |                   |                   |  |
| 14:30                             |                  |                  |                  |                  |   |                   |                   | Kugel 4           |                   |                   |  |
| 14:40                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 14:50                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 15:00                             | Kugel 1          |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 15:10                             |                  | Kugel 2          |                  |                  |   |                   |                   |                   |                   |                   |  |
| 15:20                             |                  |                  | Kugel 3          |                  | 100m  |                   |                   |                   |                   |                   |  |
| 15:30                             |                  |                  |                  | Kugel 4          |   | 100m              |                   |                   |                   |                   |  |
| 15:40                             |                  |                  |                  |                  |   |                   | 100m              |                   |                   |                   |  |
| 15:50                             |                  |                  |                  |                  |   |                   |                   | 100m              |                   |                   |  |
| 16:00                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 16:10                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 16:20                             | Hoch 1           |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 16:30                             |                  | Hoch 2           |                  |                  |   |                   |                   |                   | Kugel 2           |                   |  |
| 16:40                             |                  |                  | Hoch 3           |                  |   |                   |                   |                   |                   | Kugel 3           |  |
| 16:50                             |                  |                  |                  | Hoch 4           |   |                   |                   |                   |                   |                   |  |
| 17:00                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 17:10                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 17:20                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 17:30                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 17:40                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 17:50                             |                  |                  |                  |                  |   |                   |                   |                   | 200m              |                   |  |
| 18:00                             |                  |                  |                  |                  |   |                   |                   |                   |                   | 200m              |  |
| 18:10                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 18:20                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 18:30                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 18:40                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 18:50                             |                  |                  |                  |                  |   |                   |                   |                   |                   |                   |  |
| 19:00                             | 400m             |                  |                  |                  | Hochsprung w .Jgd.B: 1,30m w eiter alle 3cm |                   |                   |                   |                   |                   |  |
| 19:10                             |                  | 400m             |                  |                  | Hochsprung m.Jgd.B: 1,39m w eiter alle 3cm  |                   |                   |                   |                   |                   |  |
| 19:20                             |                  |                  | 400m             |                  | Hochsprung w .Jgd.A: 1,33m w eiter alle 3cm |                   |                   |                   |                   |                   |  |
| 19:30                             |                  |                  |                  | 400m             |   |                   |                   |                   |                   |                   |  |

Die Anfangszeiten sind verbindlich. Alle weiteren Ablaufplanzeiten sind Richtzeiten, wenn erforderlich können die Ablaufzeiten nach Vorne wie auch nach Hinten verschoben werden. Beachten Sie bitte die Aushänge und die Ansagen.

# Deutsche Mehrkampfmeisterschaften 2006 Ablaufplan

| Samstag 02. September 2006 <u>geänderter Ablauf</u> |                             |                  |                  |   |                   |                   |                   |                   |
|---|-----------------------------|------------------|------------------|---|-------------------|-------------------|-------------------|-------------------|
|   | männl. Jugend B             |                  |                  | weibliche Jugend B  |                   |                   | weibl. Jugend A   |                   |
|   | Riege 1<br>19 TN            | Riege 2<br>20 TN | Riege 3<br>18 TN | Riege 11<br>21 TN   | Riege 12<br>21 TN | Riege 13<br>21 TN | Riege 21<br>17 TN | Riege 22<br>15 TN |
| 09:30   | 110m Hü                     |                  |                  |   |                   |                   |                   |                   |
| 09:40   | 110m Hü                     |                  |                  |   |                   |                   |                   |                   |
| 09:50   | 110m Hü                     |                  |                  |   |                   |                   |                   |                   |
| 10:00   | Diskus 1                    |                  |                  | Weit 1  | Weit 2            | Weit 3            |                   |                   |
| 10:10   |                             | Diskus 2         |                  |   |                   |                   |                   |                   |
| 10:20   |                             |                  | Diskus 3         |   |                   |                   |                   |                   |
| 10:30   |                             |                  |                  |   |                   |                   |                   |                   |
| 10:40   |                             |                  |                  |   |                   |                   |                   |                   |
| 10:50   |                             |                  |                  |   |                   |                   |                   |                   |
| 11:00   |                             |                  |                  |   |                   |                   |                   |                   |
| 11:10   |                             |                  |                  |   |                   |                   |                   |                   |
| 11:20   |                             |                  |                  | Speer 1   | Speer 2           | Speer 3           |                   |                   |
| 11:30   |                             |                  |                  |   |                   |                   |                   |                   |
| 11:40   |                             |                  |                  |   |                   |                   |                   |                   |
| 11:50   | Stab 2 - 5                  |                  |                  |   |                   |                   |                   |                   |
| 12:00   |                             |                  |                  |   |                   |                   | Weit 1            | Weit 4            |
| 12:10   |                             |                  |                  |   |                   |                   |                   |                   |
| 12:20   |                             |                  |                  |   |                   |                   |                   |                   |
| 12:30   |                             |                  |                  |   |                   |                   |                   |                   |
| 12:40   |                             |                  |                  |   |                   |                   |                   |                   |
| 12:50   |                             |                  |                  | 800m alle Riegen  |                   |                   |                   |                   |
| 13:00   |                             |                  |                  |   |                   |                   |                   |                   |
| 13:10   |                             |                  |                  |   |                   |                   |                   |                   |
| 13:20   |                             |                  |                  |   |                   |                   |                   |                   |
| 13:30   |                             |                  |                  |   |                   |                   | Speer 1           | Speer 2           |
| 13:40   |                             |                  |                  |   |                   |                   |                   |                   |
| 13:50   |                             |                  |                  |   |                   |                   |                   |                   |
| 14:00   |                             |                  |                  | Einlagelauf 8x100m Schulstaffeln  |                   |                   |                   |                   |
| 14:10   |                             |                  |                  |   |                   |                   |                   |                   |
| 14:20   |                             |                  |                  |   |                   |                   |                   |                   |
| 14:30   |                             |                  |                  |   |                   |                   |                   |                   |
| 14:40   | Speer 1-3                   |                  |                  |   |                   |                   |                   |                   |
| 14:50   | nach Auscheiden im Stabhoch |                  |                  |   |                   |                   |                   |                   |
| 15:00   |                             |                  |                  |   |                   |                   | 800m alle Riegen  |                   |
| Bitte auf Lautsprecher-<br>durchsagen achten!       |                             |                  |                  |   |                   |                   |                   |                   |
|   | 1500m alle Riegen           |                  |                  | <u>Stabhoch m. Jgd. B :</u><br>2,00m - 2,20m - 2,40m - 2,60m dann alle 10cm |                   |                   |                   |                   |

Die Anfangszeiten sind verbindlich. Alle weiteren Ablaufplanzeiten sind Richtzeiten, wenn erforderlich können die Ablaufzeiten nach Vorne wie auch nach Hinten verschoben werden. Beachten Sie bitte die Aushänge und die Ansagen.

# Deutsche Mehrkampfmeisterschaften 2006 Ablaufplan

| <b>Samstag 02. September 2006</b> |  |                   |                   |                      |                   |                   |                   |                   |                   |
|-----------------------------------|--|-------------------|-------------------|----------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|                                   | männliche Jugend A                                   |                   |                   | Frauen / Juniorinnen |                   |                   | Männer            |                   |                   |
|                                   | Riege 31<br>21 TN                                    | Riege 32<br>19 TN | Riege 33<br>20 TN | Riege 41<br>16 TN    | Riege 42<br>19 TN | Riege 43<br>18 TN | Riege 51<br>19 TN | Riege 52<br>20 TN | Riege 53<br>19 TN |
| 10:00                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 10:10                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 10:20                             | 100m   |                   |                   |                      |                   |                   |                   |                   |                   |
| 10:30                             | 100m   |                   |                   |                      |                   |                   |                   |                   |                   |
| 10:40                             |  |                   | 100m              |                      |                   |                   |                   |                   |                   |
| 10:50                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 11:00                             | Weit 1   |                   |                   | 100m Hü              |                   |                   |                   |                   |                   |
| 11:10                             | Weit 2   |                   |                   | 100m Hü              |                   |                   |                   |                   |                   |
| 11:20                             |  |                   | Weit 3            |                      |                   | 100m Hü           |                   |                   |                   |
| 11:30                             |  |                   |                   | Hoch 1               |                   |                   |                   |                   |                   |
| 11:40                             |  |                   |                   | Hoch 2               |                   |                   |                   |                   |                   |
| 11:50                             |  |                   |                   |                      |                   | Hoch 3            |                   |                   |                   |
| 12:00                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 12:10                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 12:20                             | Kugel 2  |                   |                   |                      |                   |                   |                   |                   |                   |
| 12:30                             | Kugel 3  |                   |                   |                      |                   |                   |                   |                   | 100m              |
| 12:40                             |  |                   | Kugel 4           |                      |                   |                   | 100m              | 100m              |                   |
| 12:50                             |  |                   |                   |                      |                   |                   | 100m              |                   |                   |
| 13:00                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 13:10                             |  |                   |                   |                      |                   |                   |                   |                   | Weit 3            |
| 13:20                             |  |                   |                   |                      |                   |                   | Weit 2            |                   |                   |
| 13:30                             |  |                   |                   |                      |                   |                   | Weit 1            |                   |                   |
| 13:40                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 13:50                             | Hoch 1   |                   |                   |                      |                   |                   |                   |                   |                   |
| 14:00                             | Hoch 3   |                   |                   | Kugel 1              |                   |                   |                   |                   |                   |
| 14:10                             |  |                   | Hoch 2            | Kugel 2              |                   |                   |                   |                   |                   |
| 14:20                             |  |                   |                   | Kugel 3              |                   |                   |                   |                   |                   |
| 14:30                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 14:40                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 14:50                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 15:00                             |  |                   |                   |                      |                   |                   |                   |                   | Kugel 4           |
| 15:10                             |  |                   |                   |                      |                   |                   | Kugel 2           |                   |                   |
| 15:20                             |  |                   |                   | 200m                 |                   |                   | Kugel 1           |                   |                   |
| 15:30                             | 200m   |                   |                   | 200m                 |                   |                   |                   |                   |                   |
| 15:40                             |  |                   |                   | 200m                 |                   |                   |                   |                   |                   |
| 15:50                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 16:00                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 16:10                             |  |                   |                   |                      |                   |                   |                   |                   | Hoch 3            |
| 16:20                             |  |                   |                   |                      |                   |                   | Hoch 2            |                   |                   |
| 16:30                             |  |                   |                   |                      |                   |                   | Hoch 1            |                   |                   |
| 16:40                             | 400m   |                   |                   |                      |                   |                   |                   |                   |                   |
| 16:50                             | 400m   |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:00                             | 400m   |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:10                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:20                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:30                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:40                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 17:50                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:00                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:10                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:20                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:30                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:40                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 18:50                             |  |                   |                   |                      |                   |                   |                   |                   |                   |
| 19:00                             |  |                   |                   |                      |                   |                   |                   |                   | 400m              |
| 19:10                             | Hochsprung m.Jgd.A: 1,45m weiter alle 3cm            |                   |                   |                      |                   |                   | 400m              |                   |                   |
| 19:20                             | Hochsprung Frauen/Juniorinnen: 1,42m weiter alle 3cm |                   |                   |                      |                   |                   | 400m              |                   |                   |
| 19:30                             | Hochsprung Männer/Junioren: 1,70m weiter alle 3cm    |                   |                   |                      |                   |                   |                   |                   |                   |

Die Anfangszeiten sind verbindlich. Alle weiteren Ablaufplanzeiten sind Richtzeiten, wenn erforderlich können die Ablaufzeiten nach Vorne wie auch nach Hinten verschoben werden. Beachten Sie bitte die Aushänge und die Ansagen.

# Deutsche Mehrkampfmeisterschaften 2006 Ablaufplan

| Sonntag 03. September 2006                    |                     |                   |                   |                              |                   |                   |  |                   |                   |
|---|---------------------|-------------------|-------------------|------------------------------|-------------------|-------------------|--|-------------------|-------------------|
|   | m. Jgd. A           |                   |                   | Männer / Junioren            |                   |                   | Frauen / Juniorinnen   |                   |                   |
|   | Riege 31<br>21 TN   | Riege 32<br>19 TN | Riege 33<br>20 TN | Riege 51<br>19 TN            | Riege 52<br>20 TN | Riege 53<br>19 TN | Riege 41<br>16 TN  | Riege 42<br>19 TN | Riege 43<br>18 TN |
| 09:00   | 110m Hü             |                   |                   |                              |                   |                   |  |                   |                   |
| 09:10   |                     | 110m Hü           |                   |                              |                   |                   |  |                   |                   |
| 09:20   |                     |                   | 110m Hü           |                              |                   |                   |  |                   |                   |
| 09:30   | Diskus 1            |                   |                   |                              |                   |                   |  |                   |                   |
| 09:40   |                     | Diskus 2          |                   |                              |                   |                   |  |                   |                   |
| 09:50   |                     |                   | Diskus 3          |                              |                   |                   |  |                   |                   |
| 10:00   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 10:10   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 10:20   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 10:30   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 10:40   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 10:50   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 11:00   | Stab                |                   |                   |                              |                   |                   |  |                   |                   |
| 11:10   |                     | Stab              |                   |                              |                   |                   |  |                   |                   |
| 11:20   |                     |                   | Stab              |                              |                   |                   |  |                   |                   |
| 11:30   |                     |                   |                   | 110m Hü                      |                   |                   | Weit 1   | Weit 2            | Weit 3            |
| 11:40   | auf Anlagen 1-5     |                   |                   |                              | 110m Hü           |                   |  |                   |                   |
| 11:50   |                     |                   |                   |                              |                   | 110m Hü           |  |                   |                   |
| 12:00   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 12:10   |                     |                   |                   | Diskus 1                     |                   |                   |  |                   |                   |
| 12:20   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 12:30   |                     |                   |                   |                              | Diskus 2          |                   |  |                   |                   |
| 12:40   |                     |                   |                   |                              |                   | Diskus 3          |  |                   |                   |
| 12:50   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 13:00   |                     |                   |                   |                              |                   |                   | Speer 1  | Speer 2           | Speer 3           |
| 13:10   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 13:20   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 13:30   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 13:40   |                     |                   |                   | Stab                         |                   |                   |  |                   |                   |
| 13:50   |                     |                   |                   |                              | Stab              |                   |  |                   |                   |
| 14:00   |                     |                   |                   |                              |                   | Stab              |  |                   |                   |
| 14:10   | Speer 1/2           |                   |                   |                              |                   |                   |  |                   |                   |
| 14:20   | nach Ausscheiden im |                   |                   |                              |                   |                   |  |                   |                   |
| 14:30   | Stabhochsprung      |                   |                   |                              | auf Anlagen 1-5   |                   |  |                   |                   |
| 14:40   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| 14:50   |                     |                   |                   |                              |                   |                   | 800m alle Riegen   |                   |                   |
| 15:00   |                     |                   |                   |                              |                   |                   |  |                   |                   |
| Bitte auf Lautsprecher-<br>durchsagen achten! | 1500m               | 1500m             | 1500m             |                              |                   |                   |  |                   |                   |
|   |                     |                   |                   |                              |                   |                   |  |                   |                   |
|   |                     |                   |                   |                              |                   |                   |  |                   |                   |
|   |                     |                   |                   |                              |                   |                   |  |                   |                   |
|   |                     |                   |                   | nach Ausscheiden im Stabhoch |                   |                   | <b>Stabhoch m. Jgd. A:</b><br>2,40m - 2,60m - 2,80m - 3,00m<br>weiter alle 10 cm |                   |                   |
|   |                     |                   |                   |                              |                   |                   | <b>Stabhoch Männer:</b><br>3,30m weiter alle 10cm                                |                   |                   |
|   |                     |                   |                   |                              |                   | 1500m             |  |                   |                   |
|   |                     |                   |                   | 1500m                        | 1500m             |                   |  |                   |                   |

Die Anfangszeiten sind verbindlich. Alle weiteren Ablaufplanzeiten sind Richtzeiten, wenn erforderlich können die Ablaufzeiten nach Vorne wie auch nach Hinten verschoben werden. Beachten Sie bitte die Aushänge und die Ansagen.